

BARSTOW LOG

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Marine Corps Logistics Base Barstow, California

January 28, 1999

FMA announces Manager of the Year winners

By BARSTOW LOG staff

Four MCLB employees were named Managers of the Year during a Jan. 20 luncheon at the Oasis Club.

GS-11 Kathryn Petermann, GS-09 Mary Jane Ackley, CWO David Tennyson and GySgt. Joe Daquila were recognized for their leadership abilities and efforts in supporting the base during 1998.

The FMA accepts nominations for military and civil service leaders who demonstrate exceptional skills and abilities in their duties. There were nine nominees in four different categories this year.

Col. Mark Costa, base commander, installed the new FMA executive board.

The new president is Karen Ross, Human Resources Office. The first vice-president is Charlotte Romero, base administrative officer and the second vice-president is Dale Peabody of I&L Department. The secretary is Donna Coppi, Human Resources Office, and the treasurer is Gloria Pawlow, comptroller.



Kathryn Petermann
GS 11-14



Mary Jane Ackley
GS 7-10



GySgt. Joe Daquila
NCO/SNCO



CWO David Tennyson
Officer

GS-11 Kathryn Petermann is the Head of Supply Operations, Fleet Support Center. She started as a GS-03 Clerk Stenographer in 1968 at MCLB Barstow.

As a teacher, instructor and mentor, she recognizes the needs of her employees and is there for them in both word and deed.

She was instrumental in establishing the FSC's cannibalization practices resulting in a savings of \$250,000 this year alone.

GS-09 Mary Jane Ackley is the MCLB Barstow Supervisory Fire Inspector. She has 18 years of civil service employment -- the last two here.

One of her many accomplishments in 1998 was to expand the Fire Prevention Education Program to the community by teaching fire prevention and emergency life-saving procedures to youth from Barstow and Yermo elementary, middle and high schools.

Gunnery Sergeant Joe Daquila is the Training SNCOIC for the Provost Marshal's Office.

He joined the Marine Corps in 1986, but has served 17 years in the Armed Forces.

As Training SNCOIC, he is responsible for training more than 60 Marines in PMO.

As a platoon commander, he is responsible for the morale and welfare of two military police patrol sections.

Chief Warrant Officer David Tennyson entered boot camp in February 1977, graduating as a private three months later. He was selected for the Warrant Officer Program in September 1988.

As the co-chair of a long-term Quality Leadership Board, he contributed to analyzing the work force, identified weak spots with processes, and initiated ways of streamlining those processes through several quality of life initiatives.

Sailor of the Quarter

By Cpl. Kevin Dolloson
BARSTOW LOG staff

In a recent board held at the Branch Medical Clinic, Hospitalman 3rd Class Cesiley Voss was selected as the Sailor of the Quarter for fourth quarter 1998.



Cesiley Voss

HM3 Voss, a native of Riverside, Calif., joined the Navy in 1992.

After basic training in Orlando, Fla., she attended Basic Hospital Corps School at the Naval School of Health Sciences, San Diego, Calif.

Her first duty station was Naval Hospital Camp Pendleton, where she was assigned as Lead Petty Officer of the Pediatric Ward.

She was transferred to the Administrative Services Department at Naval Medical Clinic, Pearl Harbor, Hawaii in 1994 and was assigned to the .

HM3 Voss reported to Branch Medical Clinic at MCLB Barstow in August 1997.

She currently works in the clinic administrative office.

Commission calls for GI Bill, veterans benefits overhaul

By Linda D. Kozaryn
American Forces Press Service

WASHINGTON — Imagine serving four years on active duty and then getting a full college scholarship — and \$400 a month to live on.

That's the reward a congressional commission would like a grateful nation to give its men and women in uniform. The 12-member panel — all military veterans — would also like service members returning to civilian life to receive subsidized temporary health care and other improved veterans benefits.

The Congressional Commission on Service Members and Veterans Transition Assistance conducted a two-year review and issued its report to Congress Jan. 14. Panelists proposed ma-

jor changes to the Montgomery GI Bill and the military's transition assistance program. The Defense Department will be assessing those recommendations in coming weeks, according to a DoD spokesman. Anthony Principi, commission chairman and former head of the Department of Veterans Affairs, said the panel's review of veterans' benefits was the most comprehensive since President Eisenhower asked Gen. Omar Bradley to study veterans' needs in the 1950s.

Congress set up the commission in 1996 to review benefits and services available to active duty members and veterans, Principi said. It also asked the panel to review relationships among federal agencies administering the programs to determine if consolidating program management would improve

effectiveness.

He said a review was needed to reflect changes since the original GI Bill became law in 1944 and subsequent veterans legislation was passed in the 1980s. "We've seen dramatic changes in the size and makeup of our military," Principi said. "Our economy has shifted from heavy industry to service and technology. Health care has changed in our country rather dramatically."

The commission visited over 40 military installations around the world, talking to thousands of service members and family members, the chairman said. The panelists also held numerous hearings and meetings with government policy makers, employers

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and military and veterans service organizations. "We wanted to make sure we got it right for the 21st century," Principi said.

The panel learned health care, employment and education are foremost on service members' minds. "Almost 60 percent of the force today is married," he said. "Many have children. There are a relatively large number of single parents. As they leave the military, their concern is for health care. What do I do until I get that first job? How do I provide health care coverage for myself and my children?"

And finding civilian jobs is not easy for returning veterans, according to the panel. Despite the fact that recently discharged service members are trained, skilled, disciplined, dedicated and drug-free, Principi said, almost 20 percent of those aged 20 to 24 are unemployed — a rate higher than their nonveteran counterparts.

"We found that to be totally unacceptable," he said. "This cohort of people spent four, eight, 12 years in the military — whatever it might be — and now leaving the service should have a higher employment rate. Instead, service members have difficulty finding suitable employment."

"We spend an awful lot of money in this country — almost \$200 million a year through the Department of Labor — assisting these young men and women to get jobs. Obviously, it's not working and the system needs to be reformed immediately," he said.

If employment is the door to success for transition, Principi noted, then clearly education is the key to that door. "Education is the most important benefit that we can provide to active duty people in this high-technology, information age if they want to get good jobs," he said.

The panelists ran into some hard truths when they explored veterans education benefits, he said. Under the current program, service members contribute \$1,200 of their first year's pay to enroll in the Montgomery GI Bill. Principi said about half of those who contribute fail to use their benefits. "That needs to change," the chairman said. The commission looked at why service members forgo their benefits. "The monthly

stipend is insufficient to allow them to go to school," Principi said. The cost of a good education has risen dramatically since the Montgomery GI Bill became law in 1984, he said, and the nature of education has changed.

"Young people can go to a computer program or a network engineering course that may be six months or 12 months in length. That compressed and accelerated course of education costs a good deal of money, yet under the current structure of the GI Bill, veterans only get so much per month. It's simply not workable," he said.

While many young people cite education as the reason they join the military, the commission found that increasingly more of them see the military as a detour rather than as a route to college.

"That's not hard to understand," Principi said. "With Pell Grants and Stafford Loans and state college programs, you really have to do little more than breathe to be able to go to college in America today."

"What does that say to young men and women who devote four years of their lives, incur the risks and sacrifices inherent in military service and yet perhaps are not be able to go to school because the benefit is not sufficient? We believe military personnel certainly deserve to be treated equally, if not better, because of their sacrifices."

The commission recommended Congress pass legislation for the government to pay for honorably discharged members with four years on active duty to attend any school in America for which they qualify. The panelists said the scholarship should cover full tuition, fees and books, and provide a \$400 monthly stipend. The four-year service clock would start on the enactment date of the new law; members already on active duty at that time would qualify by re-enlisting or extending to satisfy the four-year requirement.

This would "truly be a readjustment benefit for military personnel," Principi said. "First and foremost, it would allow them to go to the best schools in America for which they qualify and aspire to. Secondly, it will broaden the military to a far

greater group of American youth, individuals. High-quality high school graduates who are college bound will now see the military as a way they can truly be all they can be after four years of military service."

The commission also proposed that service members who stay on active duty and don't attend college or other schooling be allowed to transfer their education benefits to their dependent spouse or child.

For Montgomery GI Bill participants, the commission proposed increasing the monthly stipend and providing accelerated payments for certain schooling. Principi said he met a young service member in Korea who was separating and wanted to go to a school that would cost \$5,000 for six months. Because his Montgomery GI Bill entitlements are parceled monthly, however, they'll pay only a small portion of his educational expenses. "We think that's wrong," he said.



cause his Montgomery GI Bill entitlements are parceled monthly, however, they'll pay only a small portion of his educational expenses. "We think that's wrong," he said.

The panel also recommended repealing the \$1,200 contribution, both for the new GI Bill and the Montgomery version. "So, after the date of enactment, service members would no longer have to make that \$100 a month contribution," Principi said. There'd be no refunds of past contributions, but no future payments either.

Along with enhancing recruitment and retention, he noted, these proposed changes would impact all of America. "Look at the World War II experience and what that GI Bill did. It built modern America. It built a generation of great leaders," he said. "Those young service members returning from World War II had the opportunity to attend the best schools in America."

Today in government, business, unions, media and academia, there are fewer and fewer people who've served in the military, he said. "[Our] recommendation will allow today's service members to go to the best schools in America. It will give them the incentive to do well and the aspiration to attend America's elite schools."

God knows the Falcons will win ...

By Lt. Michael Michener
Base Chaplain



I thought about starting off with, "God knows the Vikings will win," even though we all know the Vikings are out of the running. Actually, the truth is that God knows who will win the Superbowl whether or not it is Denver or Atlanta or Minnesota or whoever. That being the case, two questions come to mind. 1). If God already knows who will win, does that mean that He pre-determined the winner? 2). If God did not pre-determine the winner, is it okay for me to pray and ask Him to let Atlanta win?

As humans, we are limited to both time

and space. We have a beginning and an end. We cannot be in two different places at the same time. God does not share our limits. He has no beginning or end and He knows the future because He has already seen it happen. This is referred to as God's foreknowledge. But that doesn't mean He necessarily caused it to happen. God's foreknowledge is DESCRIPTIVE rather than Prescriptive. A logical response might be, "Is God in control or not?" The answer is yes. God is in control over all things. And yet He has relinquished some of that control to people by giving us the ability to think and to choose. Hebrew scholars were right when they understood God as ultimately in control of everything including evil because He allows evil to occur. (And some could argue that it was evil that the Vikings were beaten by Atlanta).

By allowing people to make choices, the

Chapel hours

Protestant	Sun. 9 a.m.
Catholic Mass	Sat. 5 p.m.

Confession services before Mass

Yermo Bible Study

Tue. & Thu. 11 - 11:30 a.m.
At the Colonel's Workshop
For more info call
Chris Moya at 577-7268.

In memory of ...

Gunnery
Sergeant
John Heikkenen



MCLB was saddened by the recent untimely loss of one of its own.

GySgt. John Heikkenen, a 38-year-old Marine and resident of Meridian, Idaho, died at his quarters Sunday night. He reported to the base in November 1996 and was serving as the Operations Chief of the Provost Marshal's Office at the time of his death.

A memorial service is planned for (TIME, DATE) at (WHERE). All are invited to attend.

He is survived by his wife and son.

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BARSTOW LOG

Marine Corps Logistics Base Barstow, California
Colonel Mark A. Costa, Commanding Officer

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For information on advertising in BARSTOW LOG, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

News Briefs

Family Service Center

The Family Service Center extension is 577-6533. Please discontinue using 577-6149.

TAP classes

Attention all separating/retiring military personnel:

Run don't walk, to the next transition assistance program prepreparation briefings and workshop. Information given on:

- * Job Search Skills
- * Interview Questions/Answers

Skills

- * Pay/Benefits Negotiation Skills
- * Veteran's Benefits
- * Financial information
- * Defense Outplacement Refer-

ral Program

- * Transition bulletin board
- * America's Job Bank
- * On-line resume submissions
- * Resume and cover letters
- * Job applications
- * Medical records screening (by

DAV)

- * Transition services
- * Unemployment information
- * Labor market information
- * Training programs

Attendance is mandatory for all personnel whose EAS is within 180 days from January 1999. Attendance is voluntary for all others.

For more info, please call Leo at Family Service Center 577-6533.

Racquetball league

The racquetball league is setting up now. Schedule differences dictate the following league rules:

* Each week every player will have a game or a bye.

* Game week starts Sunday and ends Saturday.

* There will be no scheduled times to play the game. Players must figure out their own times to play. This way all the players can work around their personal schedule.

For more info or for suggestions, call LCpl. Jonathan Conrad or SSgt. James Bell at 577-6898 or 577-6899.

Love seminar

The Chaplain's office will be conducting a seminar on Feb. 13 at the Family Restaurant for anyone interested in strengthening their marriage.

Gary Smalley's "Love is a Decision" video series will be used.

Some topics include; "The Incredible Worth of a Woman," "The Incredible Worth of a Man," and "How to Energize Your Mate in 60 Seconds."

The seminar begins promptly at 9 a.m. and should finish around 4 p.m. There is no cost except for

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone number, and be received by noon, Friday for the next issue. Submit news briefs via LAN to PAO@PSD.

lunch, and it is open to anyone who works at MCLB.

For more info or to reserve a spot, call the Chaplain's office at 577-6849.

Archery range

Those interested in using the indoor archery range should contact one of the following for access:

SSgt. Jeffrey Goldsworthy 6197
SSgt. Michael Culver 6725
Chaplain Michael Michener 6849

It is helpful to schedule shooting time a day in advance.

Base library

The Base Library will have a Grand Opening Wednesday, Feb. 10 at 11 a.m.

Join the Base Commander for the Ribbon Cutting Ceremony and enjoy refreshments afterward as you tour the new facility.

The library boasts a new media room and updated research materials, including computers with internet access.

MWR Patron Appreciation drawing

The 2nd Annual MWR Patron Appreciation Drawing will be held tomorrow in the Marine Corps Exchange at noon.

One prize is a 32" color television set. Stop by the MCX to see all the items being given away.

The drawing is open to all authorized MCX patrons. Entry in the drawing is free, and you may enter as often as you like.

Scrap wood giveaway

Scrap wood giveaways are happening every Saturday in January from 7 a.m. to 2 p.m. at the Yermo Annex. For safety reasons, guests may not climb or walk on top of the woodpile. The public is reminded to wear appropriate clothing — including gloves and shoes. For more info, call Elizabeth Sena at 577-6839.

Cupid's Quest

The 5th Annual Cupid's Quest Sweetheart Dinner Dance and Scavenger Hunt, sponsored by the MCLB Navy starts Friday, Feb. 5 at the Oasis Club at 6 p.m. with a no-host cocktail hour followed by dinner and dancing.

Dinner includes a choice of Baron of Beef (carved on line) or Teriyaki Chicken Breast, then dance to the latest tunes spun by popular disc jockey Ray Arroyo.

Cost is \$12.50/adult. Children are not allowed.

The event is open to all Oasis Club members, their guests and those persons eligible for membership. For reservations please call 577-6575.

Laughlin trip

The Civilian Welfare and Recreation Association is sponsoring a Sweetheart bus trip to Laughlin, Nev. on Valentine's Day, Feb. 13. The trip costs \$15 and includes the bus fare and a free buffet at the River Palms.

Reservation deadline is close of business tomorrow. All attendees receive a \$10 refund upon arrival in Laughlin.

Pick-up points are at the Holiday Inn in Victorville and at the Burger King on Main Street in Barstow. The bus departs from Victorville at 7:15 a.m. and returns at 10 p.m.

For reservations, contact:

Fred Molina	7210
Sixto Granados	7424
Dan Keirn	6614
Barbara Kulseth	6771

Tree recycling

The end of January is near and so is the final chance to get that Christmas tree recycled.

Drop trees off at the dumpster near the Base Housing office. For more info, call the Base Housing office at 577-6871.

Leave donors needed

Mr. Ronald J. Stradling, Heavy Mobile Equipment Business Center, Maintenance Center, has been affected by a medical emergency.

All federal agencies have a Donor Leave Program that helps employees who don't have enough annual or sick leave to cover long absences such as medical or family emergency, surgical

recovery, illness, a death in the family, or birth of a child. The worker's personnel shop verifies eligibility — one general measure is whether the absence would cause an employee to go without pay for at least 80 hours.

Normally, federal employees can carry more than 240 hours of annual leave into the new leave year, which starts Jan. 2. They forfeit excesses without any form of credit — Department of Defense employees gave up 473,578 hours in 1997, according to the Office of Personnel Management. At middle GS-7 pay of \$15 per hour, that lost leave would have been worth more than \$7.1 million in donations.

So, an alternative to forfeiting leave is to give it to a co-worker or someone else in need. DoD employees can donate leave to a beneficiary by name or to an agency pool which portions the gifts to other eligible employees.

To make a donation, fill out a Leave Recipient Application and give it to your supervisor.

Call or visit your division administrative officer for general and agency donation rules.

"Desert Strike" Golf Tournament

Preparations for the 2nd Annual "Desert Strike" International Golf Tournament are now getting underway with an expanded \$49 Best-Ball Scramble format.

The \$49 per player fee includes golf, cart and a one-night stay at the Indian Wells Resort Hotel. Proceeds benefit the Navy-Marine Corps Relief Society.

All Marine Corps, Navy, Army, Air Force and Coast Guard active duty, reserve duty and veterans are welcome.

A 144-player field is expected; 72

of which will be active duty service members.

Team play of command two- and four-some flights is provided in addition to individual play.

Qualifying rounds will occur sometime in June, July and August. Championship "T-Day" will be August 28.

Player packets are available at (800) 419-1533 Code 01 or via e-mail at pdisports@hotmail.com.

Quilt show

The High Desert Stitchers Quilt Guild presents the 7th Annual Quilt Show Saturday, Feb. 13, from 10 a.m. to 4 p.m. at the Recreation Center Auditorium (Corner of 3rd Street and F Avenue) at Fort Irwin.

The show features more than 100 quilts as well as quilts from the Keepsake Quilting Challenge, vendors, demonstrations, blade sharpening, a children's corner and a quilt appraiser.

Recruiter assistance

Marines from Western New York who are interested in returning home on permissive TAD orders now have the opportunity to do so.

Qualified Marines may return home for up to 30 days to help out local recruiters, visit their families, and earn bonus points toward promotion.

Marines from nearly any area of Western New York may participate in this program. Besides Buffalo, areas include Auburn, Batavia, Canandaigua, Horseheads, Hamburg, Jamestown, Niagara Falls, Olean, Rochester, Syracuse, and northern Pennsylvania.

For more info, call Sgt. Fair at (716) 551-4919, or contact your hometown recruiter.

Just a reminder ...

**THIS INSTALLATION IS
IN CONDITION
THREATCON A+**

Comptroller's Office reveals FWA findings

By Randy Meyer

Resource Evaluation Analysis Division

"The strongest vigilance we have against fraud, waste and abuse," stressed E.A. Gillberg, base comptroller, "is our FWA Hotline that depends on employees reporting mismanagement or waste of our precious resources."

An FWA (Fraud, Waste and Abuse) situation is the misuse of government property, facilities or official time. This covers all direct or indirect usage of government resources, including computers, tools, vehicles, telephones, fax machines, facilities, and official time for personal business. An FWA situation can also be situations where time, technology or circumstances have made a procedure or work process obsolete, thus becoming a drain on resources.

The following are the results of some FWA investigations conducted here:

-- A recycling employee reported the discovery of new printer cables, CD ROMs and computer boards being placed in base recycling boxes.

Investigation revealed the computer parts recovered were in operating condition. However, it could not be traced to the originating parties or where it became sidetracked in the delivery process. As a result of this FWA call, procedures were established to carefully monitor/track computer parts in the future, and the reporting employee was thanked for his vigilant reporting.

-- An employee was reported clocking (badging) in for another employee.

Investigation revealed that the allegation was indeed true. The employees in question were reprimanded, and their supervisors were instructed to physically monitor arrival and departure times to prevent reoccurrence.

-- Two drivers were reported for draining excess fuel from their vehicles into the steam racks.

The FWA investigation could not substantiate the allegation. The vehicles in question were documented as defueled by shop personnel into

drums located at a process generation point.

-- Personnel were reported accessing pornography sites on the internet using government computers.

The investigation revealed the allegations were true. However, not enough evidence could be established to pinpoint the responsible individuals abusing the access to the Internet. The computers in question were located in a common area and susceptible to misuse. They have been relocated and procedures are currently being developed to require accountability for use of the Internet.

-- An FWA hotline call questioned the employment of a disability annuitant being re-employed.

Investigation revealed the allegation was true, but under a temporary appointment, and per regulations, an annuitant can be re-employed and continue to receive the disability annuity under certain conditions.

Hotline callers are treated with complete confidentiality and remain anonymous to the fullest extent possible except when required by law or authority. Calls to the FWA

Hotline are taken seriously, investigated by professional impartial experts, and are important to the command. Reprisals against those who report FWA situations are prohibited by federal law.

The Fraud, Waste and Abuse Hotline is available on e-mail. Simply log on to the base LAN system and compose a message with the address "FWA" in the "TO" line or

select it from the Streettalk listing (FWA HOTLINE@COMP@MCLB BARSTOW). You can also call the FWA Hotline at 577-6222 or write:

*Commanding Officer (B420)
"For Comptroller's Eyes Only"
Marine Corps Logistics Base Barstow
Comptroller Department
Box 110400
Barstow, CA 92311-5043*

Your ad here

MWR Update ...

By James H. Gaines
MWR Publicity

Shop at your Marine Corps Exchange

Stop in and check out our specially priced assorted mens and ladies GUESS fashion watches at \$39.99

We have assorted PROCTOR SILEX kitchen appliances on sale: 12-cup coffee pots for \$9.99, steam and dry irons for \$8.99, 2-slice toasters for \$8.99, and 3-speed hand mixers for \$8.99.

All mens LEVIS are 20% off. Hurry, shop while supplies last.

The Base Exchange is open Monday through Saturday 9 a.m. to 6 p.m.; Sunday 10 a.m. to 6 p.m. For more info call 256-8974.

MWR Patron Appreciation Drawing

Be sure to join us at noon to-

morrow at the Marine Corps Exchange for our 2nd Annual MWR Patron Appreciation Drawing. There are lots of great prizes. For more info call 256-8974.

Family Restaurant and Cactus Cafe weekly lunch menu Jan. 28 through Feb. 3.

Tuesday- Chicken & dumplings, boiled potatoes, vegetable, roll/butter, coffee, tea or soft drink.

Friday, Jan. 29-Hoki fish, oven brown potatoes, vegetable, roll/butter, coffee, tea/soft drink. Cactus Cafe closed today.

Monday, Feb. 1 - Baked chicken, oven brown potatoes, vegetable, roll/butter, coffee, tea or soft drink.

Tuesday, Feb. 2 - Beef stir fry, rice, roll/butter, coffee, tea or soft drink.

Wednesday, Feb. 3 - Spaghetti and meat sauce, vegetable, garlic

toast , coffee, tea or soft drink.

Lunch is served between 10:30 a.m. and 12:30 p.m. at the Family Restaurant, and between 11 a.m. and noon at the Cactus Cafe in Yermo.

Western Heritage Museum trip coming up

ITT has a trip to this fabulous museum slated for Saturday, Feb. 5, and it's not too late to sign up - but don't wait too long.

The Western Heritage Museum uses art, artifacts, and audiovisual materials to present the history of America's westward movement. The great American West is displayed in an amazing and authentic presentation that gives a sense of the power and spirit of this important part of American history.

Round trip transportation is \$10. Admission at the door is \$7.50 for adults and students; \$5 for seniors over 60 years of age.

Time allowing, this trip will also feature a stop at Olivera Street,

an historical block-long street that is one of the oldest streets in Los Angeles. Olivera Street has sidewalk stalls and shops that sell Mexican handicrafts as well as quaint little restaurants that sell authentic Mexican food.

ITT also has new Disneyland tickets available beginning Feb. 1, and valid through May 31. Prices are \$27.50 for adult or child.

ITT is open Monday through Friday, 8:30 a.m. - 4 p.m. In our new location in the Bowling Center. Call for more info at 577-6541.

Specials at Tees and Trees

Sign up for golf lessons at Tees and Trees golf course. Classes began Jan. 23, but there are still plenty of openings. Lessons will continue until Mar. 1. Sign up today and enjoy the great sport of golf. Call us for all the details 577-6431.

On Saturday, Feb. 5, Tees and Trees will be hosting a Home and Away Tournament with Sun and

Sky Golf Course. Sign up for this unique tournament now.

We have seniors and ladies specials every Wednesday; play 18 holes for \$5 (does not include green fees or cart rental).

We're open Monday, 11 a.m. to 4:30 p.m. and Tuesday through Sunday, 7 a.m. to 4:30 p.m.

Family Night Dinner Menu at Family Restaurant

Tonight: Steak fry, french fries, vegetable, roll/butter, salad bar, dessert, coffee, tea or soft drink. \$4.50 adults, \$2.50 children five to 11 years.

Next Thursday, Feb. 4: All you can eat: Barbecue ribs, french fries, vegetable, salad bar, roll/butter, dessert, coffee, tea or soft drink. \$4.50 adults, \$2.50 children five to 11 years.

Children four years and younger always eat free at the Family Restaurant. Bring the entire family and enjoy a delicious meal at common sense prices on Family Night at the Family Restaurant.

ENVIRONMENTAL NEWS

Environmental Department

Underground Storage Tank (UST) Corrective Action Program

By David Stimson

Environmental Division

Under Subtitle I of the Resource Conservation and Recovery Act, Congress directed the U.S. Environmental Protection Agency to establish regulatory programs that would prevent, detect, and clean up releases from underground storage tank systems (USTs) containing petroleum or hazardous substances. The UST regulations the EPA issued in 1988 established a number of corrective action requirements for UST owners and operators, including the requirement to install spill prevention, overfill protection and corrosion protection on all existing USTs by Dec. 22, 1998, and the requirement to clean up soil and groundwater as needed to protect human health and the environment.

Since the inception of the UST regulations in 1988, EPA never waivered on the requirement to upgrade all existing USTs either by retrofitting or replacing non-compliant tanks by Dec. 22.

However, EPA developed the UST cleanup regulations to be flexible and to be implemented by state and local agencies. To give states the latitude to tailor their corrective action programs to meet their needs and circumstances, EPA's regulations do not specify either the cleanup levels or the administrative procedures that states must follow. Instead, the regulations provide only that state or local cleanup programs must be protective of human health and the environment, allowing states to choose how they will design and conduct their corrective action programs.



Underground Storage Tank corrective action challenges

In order to start corrective action programs quickly, many UST implementing agencies decided to adopt cleanup requirements already in place for other purposes and apply them uniformly to UST release sites.

Many of these cleanup requirements are based on generic numerical standards. Over the years, however, it has become clear that applying such numerical standards without considering the actual and potential risk that the UST release poses to human health and the environment is neither an effective way to protect human health and the environment nor an efficient way to manage and oversee UST cleanups. These problems have become more apparent as the number of UST sites requiring corrective action has increased. States have reported well over 300,000 confirmed releases. The work of overseeing so many cleanups was overwhelming to state and

local regulatory staffs who were attempting to manage between 40-500 cleanup cases at any given time. Adding to the challenge, EPA expects the number of confirmed UST releases to increase as the 1998 deadline for upgrading, replacing, or closing UST systems has come and gone and, in the course of compliance activities, UST owners and operators discover additional contamination.

To meet these challenges, EPA is committed to helping state and local agencies make cleanups faster, less expensive and more effective. EPA is working with states to help them streamline their administrative processes and to encourage the use of expedited site assessment and alternative cleanup technologies. The Agency is also encouraging state and local agencies to incorporate risk-based decision-making into their corrective action programs.

What is MCLB doing to comply?

In order to bring the Marine Corps Logistics Base into compliance with more stringent federal and state regulations, the Environmental Department in 1998 initiated and participated in a multitude of storage tank related actions. Projects undertaken by MCLB included the removal of twelve non-compliant underground storage tanks (UST), the installation of four new USTs, and the investigation of three former tank locations to define any potential soil and groundwater contamination at Nebo and Yermo.

With all of the construction activity that occurred during 1998, it became necessary, with assistance of the Naval Reserve Environmental Engineering Unit in San Diego, to revise and rewrite the MCLB Storage Tank Management Plan. Also, because of our accelerated tank removal program (over 75 USTs removed in recent years), MCLB's storage tank inventory and an inventory maintained by our UST regulator, the San Bernardino County Fire Department, was grossly incorrect. As a result, MCLB was being charged for tanks that no longer existed. MCLB initiated a meeting with representatives from San Bernardino County Fire in order to reconcile the differences. The result of this meeting was a reconciled inventory, which immediately saved precious Marine Corps dollars.

Additionally, a pilot project conducted by the Lawrence Livermore National Laboratory (LLNL) involving the feasibility of using natural attenuation at former leaking underground fuel tank locations was completed by late spring. Facility 325, chosen to represent the Marine Corps in this project, was determined to be an acceptable candidate for the natural attenuation process. As a result of the LLNL studies, potential cleanup costs of approximately \$5 million associated with the former leaking underground storage tank at the Wastewater Treatment Plant was avoided.

Finally, the Morale Welfare and Recreation Service Station was closed in December 1998 and MCLB's last three non-compliant USTs were removed. With this closure, the base is in full compliance with the new December 1998 storage tank regulations.

SPORTS

Barstow Marines conquer San Diego Marathon

By Cpl. Kevin Dolloson

BARSTOW LOG staff

CARLSBAD, Calif. --It was a brisk Sunday morning – the temperature about 58 degrees – as seven Marines from MCLB Barstow stretched and prepped themselves for the 1999 San Diego Marathon held in Carlsbad, Calif. Jan. 17.

More than 7,000 participants turned out for the six-event adrenaline-filled day.

Marathon walkers started the day off at 5:30 a.m., followed by early-start marathoners at 6:30 a.m. (runners that needed four-and-a-half hours or more to finish), half-marathoners at 7 a.m., wheelchair marathoners at 7:25 a.m. and full and relay-race marathoners at 7:30 a.m.

The Barstow Marines ran the full marathon.

They were all confident of finishing strong due to the rigorous training regimen they endured at the hand of Craig Putnam, their running coach and trainer.

"Gunny Putnam was responsible for motivating everyone to do the proper training and putting in the necessary miles," said Kevin Moroney. "We were all prepared,



Photo by Lori Putnam

Marathon runners (l-r): William Sierra, Scott Clift, Mike McQuillan, Matt Olivolo, Kevin Dolloson and Kevin Moroney. (Not pictured: Daniel Cartagena)

knew what we could individually expect to run, and we all ran our race. There was no doubt in my mind that every one of the Marines who started that race would finish."

"I was proud of all the runners

but particularly our first-time runners," said Craig Putnam. "It proves my favorite saying that 'attitude and effort count.'"

This was a first marathon for more than half of the Barstow Ma-

rines, and they all boast the honor of not only finishing the marathon, but finishing in the top 1,000 out of 4,000 runners competing in the full marathon.

According to Scott Clift and

William Sierra, the San Diego Marathon is a great marathon and just to complete it is an awesome feeling in itself. "Not only for the thrill of accomplishment but because of the spectacular scenery along the 26.2-mile course and the pure onslaught of adrenaline," said Sierra

"You could feed off of the energy from every person in the race," said Daniel Cartagena. "All the runners were there by choice, and you could feel the excitement."

Here are the finishing times and places for MCLB Barstow's Marines:

Kevin Moroney - 3:22:15, 191 overall, 44th in age group; Mike McQuillan - 3:26:33, 219 overall, 14th in age group; Matt Olivolo - 3:30:55, 268 overall, 46th in age group; Daniel Cartagena - 3:31:15, 272 overall, 15th in age group, Scott Clift - 3:41:47, 376 overall, 73rd in age group; Kevin Dolloson - 3:58:40, 583 overall, 117th in age group; William Sierra - 4:35:47, 944 overall, 46th in age group; Honorable Mention goes to Patrick McCall for completing the half marathon with a time of 2:14:43, placing 1,431 overall and 180th in his age group.

To join the running team, call Craig Putnam at 577-6876.

PMO upsets Phenom, 51-36

By Cpl. Mike McQuillan

BARSTOW LOG staff

Danny Figueroa scored 14 points to lead the PMO Enforcers past Phenomenon, 51-36, in league basketball action Jan. 20 at the base gym. It was PMO's first victory over Phenom, turning the tides of the season with playoffs in the near fu-

ture.

"We're finishing strong," said Bill Menzies from PMO. "Our record [4-5] hasn't been great, but like they say, in the playoffs it's a brand new season."

William Scruggs and Phillip Lamb led Phenom with eight points each, as their record sank to 4-5.

"We started with over 20 guys,

and now we can barely put a full team on the court," said Scruggs. "But when it's all said and done, everyone will know why they call us Phenomenon."

With just a few weeks left before the playoffs, the Fleet Support Center Hoyas remain undefeated at 10-0 after two close encounters with Bohica, their toughest rivals. The 404 Executioners gave the Hoyas their biggest scare this season, coming within two points of the league leaders.

"Don't worry," said Jim Bell of Bohica, "we'll get 'em one of these days."

The round-robin playoff tournament is scheduled for mid-February.

Standings

Hoyas	9-0
Bohica	8-1
Executors	4-5
PMO	4-5
Phenomenon	4-5
Clinic	2-7



Photo by Cpl. Mike McQuillan

Bryce Catlett nets a hook shot against the mighty Enforcers



Photo by Cpl. Mike McQuillan

Danny Figueroa of PMO blasts by William Scruggs of Phenomenon en route to a fast break.

New budget boosts pay, readiness, modernization

By Jim Garamone

American Forces Press Service

WASHINGTON — The fiscal 2000 DoD budget "... reflects the effort we have made to listen to the men and women who are serving us," said Defense Secretary William S. Cohen. "We hear them, we understand what's on their minds, and we want to help."

During an interview with the American Forces Information Service, Cohen and Chairman of the Joint Chiefs of Staff Gen. Henry Shelton said feedback they have received from service members on the proposed budget package has been positive, and they expect the package will receive strong support in Congress.

The proposed budget is the first increase in defense spending since fiscal 1985. It calls for an additional \$12 billion in fiscal 2000. Budget highlights include: a compensation package consisting of a 4.4 percent pay hike effective Jan. 1, 2000; a targeted pay raise to mid-level NCOs and officers effective July 1, 2000; and changing the 1986 Redux retirement system so service members retiring after 20 years of service will receive 50 percent of base pay rather than the current 40 percent.

Cohen said the across-the-board pay raise will start to close the pay gap between the private sector and the military. The targeted pay raise, aimed at those making a career de-

cision, runs from one-half percent to 5.5 percent and is designed to encourage service members with the leadership skills the military needs to stay in. The raises are aimed at rewarding performance and promotion, not simply longevity, he said.

Shelton said a change in the retirement system is necessary because Redux is a "disincentive" to service members making career decisions. About two-thirds of the today's force

"We are in the most respected institution in America."

-- Gen Shelton

came into the military after Redux took effect in August 1986. Members who entered the military before then are covered by a system that provides retired pay of 50 percent of base pay after 20 years of service.

"Retirement no longer serves as the incentive it once did," Shelton said. "We want a retirement system that serves as an incentive for service not as a disincentive."

Cohen and Shelton said the budget does more than address compensation. "Soldier, sailors, airmen and Marines ... have told us pay and re-

tirement is a concern, but [they are also concerned about] the operational side," Shelton said.

The fiscal 2000 budget proposal covers a "triad" of concerns, Shelton said. The triad is increasing pay and retirement, increasing the operations and maintenance accounts and modernization.

"We want to take care of the core quality of life issues ... but [we need to] also increase the readiness accounts and this budget is designed to do exactly that," he said. He said increasing operations and maintenance accounts would enable the services to buy more spare parts. Increases will also fund more flying hours, ship steaming days and tank driving miles.

Shelton said the fiscal 2000 budget request also puts DoD on the path to funding future readiness and is in line with the \$60 billion goal of the Quadrennial Defense Review. He pointed out that not only will modernization provide the latest in technology, but it will allow service members to get back to training instead of spending their time repairing old equipment.

Cohen said the budget also funds two other quality of life factors that

Proposed Budget highlights

-- A compensation package consisting of a 4.4 percent pay hike effective Jan. 1, 2000

-- A targeted pay raise to mid-level NCOs and officers effective July 1, 2000

-- Redux retirement system: service members retiring after 20 years of service will receive 50 percent of base pay rather than the current 40 percent

See BUDGET Page 9

Dieting, exercise: Keys to holiday weight loss

By LCpl Jonathon Agee

MCAS New River, N. Carolina

During the holiday season, many Marines took a vacation from exercise, nutrition and proper dieting.

Although gaining weight was probably the last thing on anyone's mind, it is an unavoidable consequence for many who tend to overeat at holiday gatherings. No matter what is said or done, there are no miracle diets, no overnight cures and no revolutionary concepts, according to Verna Richardson, assistant youth sports coordinator and aerobics instructor.

The first step in achieving a fat-loss plan is in understanding how the body works in relation to body fat and weight gain. A person's total weight is composed of lean body mass and fat body mass. Lean body mass is the active part of your body and requires a certain amount of fuel to operate, according to Richardson. Whatever the body does not register as lean body mass is stored as fat.

The stored fat is directly related to the food consumed throughout the day. If a person consumes more calories than he or she burns up, it will turn the excess into fat, said Richardson. Eliminating calories through starvation, however, will only lead to more problems down the road. "When a person goes on a severely restricted diet, the body's metabolic function slows down," said Richardson. "A person's body perceives that it's starving and tries to preserve all the energy it can by reducing the rate at which calories are burned."

BUDGET from Page 8

concern service members and their families: medical care and housing. While acknowledging that TRICARE, DoD's health care program, has had some problems due to its newness, he said, "... funding will be increased, and we are going to cut down the waiting lines, and cut down the time for reimbursements for doctors who are serving our families."

The budget will also encourage public sector-private sector partnerships to solve DoD's housing problems. For every dollar DoD invests in housing, Cohen said, he expects private industry to invest four or five dollars. He said the department needs to involve private industry "because we have quite a backlog of building new housing and renovating old housing."

Shelton acknowledged that while this budget will fix the most critical needs of the department, it does not cover everything. He said the need that is not being completely met is funding for real-property maintenance accounts — such as fixing buildings and repairing utilities.

Shelton said pay and other quality of life initiatives are important but not the only reasons people join and stay in the services. "I think each of us in uniform today understands that we did not come into the service to get rich," he said. "Ours is a calling of service to the nation. We are in the most respected institution in America. I think we have a warrior ethic we need to keep and a calling for greater good."

On the other hand, a balanced diet that is low in fat and total calories in combination with regular exercise is the best way to lose weight safely and permanently, said Richardson. "Eating right is serious business. What you eat determines how successful you'll function today, and it determines how healthy you'll be tomorrow."

"Eating a wide variety of foods is essential to maintaining good health and getting all the nutrients required for the body," according to Navy Lt. Suzan Dunaway, Camp Lejeune Naval Hospital nutritionist.

"A proper eating plan must contain a sufficient amount of water, carbohydrates, protein and fat. Water is the most essential of all the nutrients, and a regular diet should consist of at least eight glasses a day," according to Richardson.

Carbohydrates are the most readily available source of food energy. Carbs shouldn't come from simple sugars and junk food, according to Jeffrey R. Stout, PhD. They should be obtained from whole grains, lentils, fruits and vegetables, and pasta. Also remember to include protein when consuming carbs. This will cut down the rapid release of insulin from the pancreas, which in short, pushes fat into cells for storage, according to Stout. Protein should be consumed from high quality sources such as lean beef, turkey, chicken and egg whites.

Finally, the diet will be complete with essential fats. Essential fats pad your internal organs and are necessary for a healthy lifestyle.

CHAP from Page 2

determined, can we influence that outcome by praying for one team over the other? After all, we do believe that prayer changes things. Scripture records, "*This is the confidence we have in approaching God: that if we ask anything according to His will, he hears us. And if we know that He hears us - whatever we ask - we know that we have what we asked of Him*" (1 John 5:14-15). Here is the key: what we ask for should be according to God's will.

How can we know God's will for one team over another? After all, you would think that God's will would be for the New Orleans Saints to win!

Our first priority should be to discover God's will. That happens as we study His word and interact with other believers. Knowing God's will mobilizes us to pray according to His will. It's not probable that God is too involved in the Superbowl. But it probably is also not a sin to pray for one team to win. All that being said, who do you suppose will win the Superbowl? I'm praying for Atlanta.

Blessings,
Chaplain Michener

A good source of this fat can be obtained from sunflower seeds, walnut oils and safflower.

Once a strict diet is in effect a regular exercise plan should follow. The exercises should consist of aerobic activities such as running or skiing and anaerobic activity such as weight lifting. Aerobic exercises should last at least 20 minutes to ensure a good workout, according to Richardson.

The Marine Corps requires at least three hours of exercise a week, but according to Dunaway, it is not enough for maximum weight loss. "The Marine Corps exercise routine is a bare minimum," said Dunaway. "I recommend at least five times a week to lose weight. Anything aerobic will burn fat."

The Station fitness center offers many extracurricular activities that will supplement the normal Marine Corps exercise routine. Workouts using aerobics, step classes, racquetball and nautilus equipment are just some ways to increase fat loss.

A correct exercise routine does more than just burn fat. In the long run, it helps reduce the risk of hypertension, cancer, heart disease and diabetes, according to Dunaway.

Overall, it is important to keep a positive attitude while losing weight. "If fat-burning is your goal, remember, you can't melt it off, and you can't rub it off; you've got to move it to lose it," said Richardson.

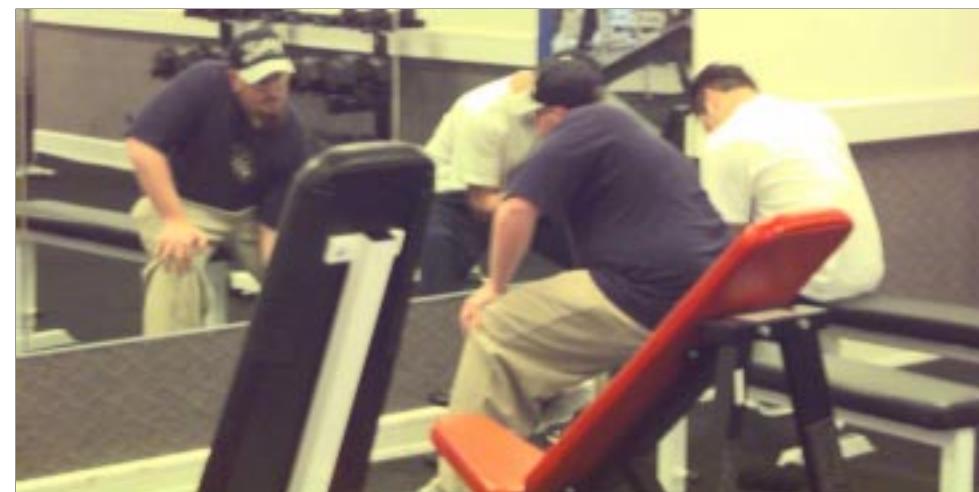


Photo by Cpl. Kevin Dolloson

Lifting weights provides one of the best ways to stay in shape. The base gym has state-of-the-art equipment and facilities for the complete workout.

Help your kids stay alert, safe

By Lisa E. Stafford

American Forces Press Service

WASHINGTON — It's what every parent fears most — suddenly discovering their child is missing or has been abducted. And statistics still

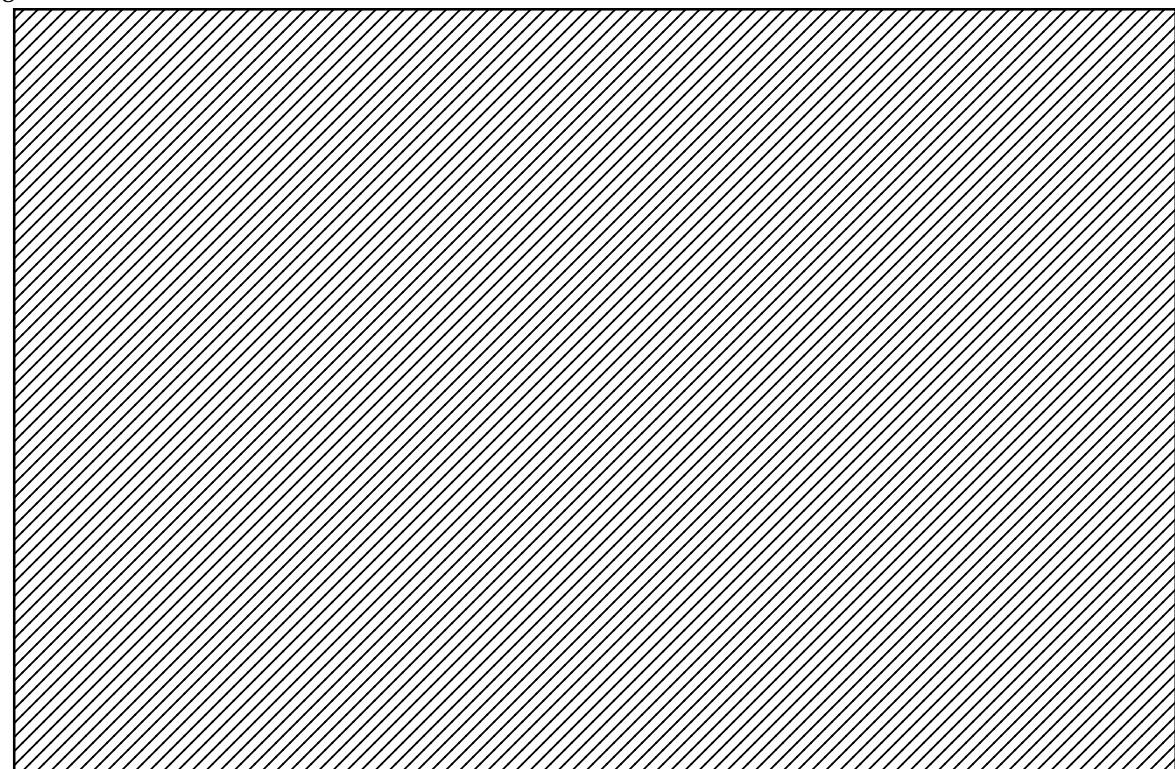
show that parents face this frightening reality more so every day.

According to the Department of Justice the number

of missing and abducted children cases are continuing to rise. In fact, a new case was reported every 40 seconds last year.

The FBI National Crime

See KIDS Page 12



SALUTES

Personnel Support Department

Outstanding Performance Awards

William Bokholt, Kevin Cox, Alicia deGriffith, Ingrid Hamilton, Richard Johnson, Lynda Kay, Cindy Martinez, Theresa Meugniot, David Nieman, Donna Wilder, Fran Englehart, Wayland Fairchild, William Frye, Karen Golden, Anna Gonzales Ronald Louis, Dorene Millar, Charles Rainwater, Duane Sandbo, Alvin Singletary

Certificate for Quality Step Increase

William Boxx	Michael Rasmussen
Linda Lingren	Carlotta Romero

Time Off Award

Jennifer Kinsey, Donna Redes, Barbara Rodriguez, Kay Servais

Federal Length of Service Awards

20 years
Thelma Canterbury

Marine Corps Length of Service Awards

20 years
Thelma Canterbury

10 years
Francisco Delacruz

Sick Leave Award

1000 Hours
Fran Englehart

Letter of Appreciation

Donna Redes

Fleet Support Center Barstow

Sick Leave Award

1000 Hours
Jim Dillon

500 Hours
Dave Dillingham
Thurston Dobson

Employee of the 3rd Quarter – FY98

Lawrence Marquez

Employee of the 4th Quarter – FY98

Belen Baldwin

Length of Service Award

25 years
Brian Cranford

15 years
Albert Brady, Dan Snyder,
Tom Blake

20 years
Willa Pitts, Glenn Wyatt

10 years
Celia Enriquez, Dave Dillingham,
Tom Behrend

Time Off Award

Ed Rodriguez, Willa Pitts,
Carlos Janeway, Delane Gutierrez,
Bob Doxey, Vinnie Chavez,
Albert Brady, Pat Dunham,
Carol Christian, Mike Boon, Mike
Spieth, Dan Snyder, Jim Baker

Safety Award

George Armstrong, Albert Brady, Mike Brobst, Vinnie Chavez, Carol Christian, Pat Dunham, Gilbert Flores, Delane Gutierrez, Paul Marquez, Stan Mayfield, Brad Minneman, Mikey Olgui, Willa Pitts, Ed Rodriguez, Virginia Villanueva, Glenn Wyatt, Larry Arnold, Fred Atuatasi, Rodney Beshears, Brian Cranford, David Evans, Fred Haskin, Barbara Holt, Carlos Janeway, Paul Johnson, Harry Legendre, Terri Lloyd, Al Morales, Tom Quenga, Marvin Roberts, Joe Sanchez, Dan Snyder, Don White, Greg Anderson, Tom Behrend, Richard Chavira, Keith Funk, Mickey Harrison, Greg Johnson, Rudy Kington, Rudy Louro, Lawrence Marquez, Bruce Rowe, Joaquin Santos, Joe Costa, Thurston Dobson, Barbara Kent, Cheryl Mitchell, Lori Mobley, Kenny Phillips Jr., Joe Prien, Tim Zamora, Tony Marquez, Dan Lavoie, Mike Spieth, Bob Doxey, SSgt. Elizabeth Beers, GySgt. Samuel Battle, MGySgt. Charles Bushnell, Sgt. George Barreto, SSgt. Saul Chairez, Sgt. Christopher Coleman, SSgt. Charles Ehinger, SSgt. Douglas Ghoston, Cpl. Richard Haslar Jr., Sgt. Travis Hayden, GySgt. Clint Heywood, LCpl. Mohammed Huda, Cpl. Peter Irene Jr., GySgt. Craig Johnston, LCpl. Adam Knotz, SSgt. John Lozano, Sgt. Angel Mora, LCpl. Shane Needham, MSgt. Henry Passmore, SSgt. Jose Perez, SSgt. Kenneth Sargent, SSgt. Rolando Sotolongo, Sgt. Mark Stoddard, GySgt. Lee Taylor, GySgt. Richard Fadoir, LCpl. Michael Mutchler Jr.

Certificate of Appreciation

SSgt. Rolando Sotolongo
Barbara Holt

On-the-Spot Award

Sandy Quinones, Greg Anderson, Jim Baker, Tom Behrend, Richard Chavira, Keith Funk, Don Hamblet Jr., Rudy Louro, Mickey Harrison, Greg Johnson, Rudy Kington, Lawrence Marquez, Bruce Rowe, Joaquin Santos, Tony Marquez, Jane Sloat, Barbara Kent, Lori Mobley, Cheryl Mitchell

Outstanding Performance Award

Louie Aviles, Jane Sloat

Exceeds Fully Successful Performance Award

Larry Arnold, Jim Baker, Ric Cortez, Jose Rodriguez, Margo Sorell

Installations and Logistics Department & Public Safety Department

Outstanding Performance Awards

David Arizaga, Larry Barrett, William Bowers, Donald Crownover, Kenneth Davenport, Tito Escobedo, Carl Fillingame, John Hines, Stephen Monarque, Ronald Sacan, Roy Simpson, Teresa Tompkins, David Unruh

Certificate for Quality Step Increase

Mary Jane Ackley, Manolo Bay, Michael Cox, Arthur Gleason, Stuart Hammons, Suzanne Knutson, David Madrid, Shawn Monahan, Kevin Murphy, Michael Shaw, Robert Wyman, Connie Zamora

Editor's Note: Recognition may not be an accurate representation from individual departments due to the base reorganization which has been in effect since Oct. 1, 1998. More Salutes will be run in future editions of the BARSTOW LOG.

IN GRATEFUL APPRECIATION:
The family of George L. Ervin would like to thank everyone for their concern, prayers, cards, flowers, food and support during their time of bereavement.

TELEPHONE: Cellular flip type, Motorola, one year old, exc cond. \$35. Call 242-8839.

TELEPHONE ANSWERING MACHINE: G.E. Touch-tone, remote access. \$20. Call 242-8839.

PHONE: AT&T, Touch-tone, lighted key pad. \$7. Call 242-8839.

FOR SALE: Sofa & loveseat, white, xlnt cond., \$400; cabinet-style sewing machine, \$50. Call 947-7275 AWH.

MISCELLANEOUS: 28 – 2-in. and 32 – 3-in. rigid heavy wall conduit pipe. Cost \$4,265; sell for \$2,000 OBO; Five-star wheels & tires, five-lug. Cost \$950; sell for \$400; Camper shell with carpet kit, for small truck with 81" bed, \$350 OBO. Call 254-2077.

RADIO: AM/FM 8" X 11" detachable speakers. \$20. Call 242-8839.

CAMPER SHELL: Stockland, fiberglass, fits full-size pickup w/ 8-ft. bed. \$150 firm. Call 241-8967.

1965 PONTIAC TEMPEST: 6-cyl, original owner, very clean, Must see to appreciate. For more info or appointment, call 252-2195 after 5 p.m.

'88 FORD BRONCO II: Black, V-6, 4WD, Eddie Bauer interior. Needs new transmission. \$2,800 OBO. Call 957-1652.

1962 GMC TRUCK: Utility bed, V6, 4-speed, good tires. \$1,200. Call 252-9199.

1966 PLYMOUTH FURY: 383 V8, one owner, smog-free car, as is. \$1,200. Call 252-9199.

1977 BMW: Good body, running when parked, needs battery. \$500. Call 254-3788 after 5 p.m.

WANTED: Trailer for hauling cars. Call 252-9199.

WANTED: Winch for 4X4. Call 252-9199.

PITBULL: Female, fixed, 11-mos old, has had shots. Tan in color. Good with kids, good watchdog. Call 256-0651 or lv msg.

POOL CLEANER: New Barracuda/Alpha II, automatic. Make offer. Call 256-8803.

YARD SALE: 3-family. Clothing, shoes, toys, linens, housewares, you name it, we have it. 7 a.m. to noon. Earlybirds welcome.
2010A Eniwetok.

KIDS from Page 9

Information Center estimates parents reported about 850,000 children missing in 1997," said D'Ann Taflin, spokeswoman of the National Center for Missing and Exploited Children in Arlington, Va.

"The number of missing persons reported to law enforcement officials has increased nearly every year since Congress passed the Missing Children's Act in 1982," she said. While there was only a slight increase in the number of reported cases over the last two years, reported cases are up by 535 percent since 1982, Taflin said.

To help keep children safe the National Center for Missing and Exploited Children suggest parents take the following precautions and to teach their children to:

- Avoid talking to strangers.
- Not to go with anyone who tries to offer them money or candy, or asks for help in looking for a lost pet, for directions or help in finding an address.

- Memorize their full names, addresses, phone numbers and their parents' names.

- Dial "911" or "0" in case of emergencies.

- Get help from teachers, policemen, fire fighters, store clerks and security guards, or find safe havens

such as a library, a friend's house in the neighborhood or a church when they feel threatened.

- Never to open the door to a stranger when left home alone and not to say they're alone when they answer the phone. Have them tell the caller instead that you're not available and ask if they can take a message?

- Scream "No!" or "Stop!" and run away to a place where there are a lot of people if someone tries to grab them.

- Never take shortcuts through dark alleys or deserted streets.

- Ask for your permission before accepting a neighbor's invitation to visit.

- Yell loudly for help if they are trapped in someone's car.

Parents should also know these helpful hints to help keep children safe:

- Play what-if role games. Rehearse situations and how to handle them.

- Create a secret family code word and tell children not to go with anyone who does not know the secret word.

- Don't display children's names in their clothes or on their book bags or lunch boxes.

The National Center for Missing and Exploited Children has assisted law enforcement authorities in

61,000 cases involving missing children and has helped reunite over 41,000 children with their families.

For more information, contact the National Center for Missing and Exploited Children at 1-800-THE-LOST (1-800-843-5678) or on their web site at <http://www.missingkids.com>. The Department of Justice also has a web site with information and safety tips for children, parents and teachers at <http://www.usdoj.gov/kidspage>. You can also contact The National Missing Children Division, National Child Safety Council, at <http://www.800usakids.org>.

"Most parents don't think about their children's potential risk for being abducted until it's too late," Taflin added. "Don't mistakenly think an abduction could never happen to you or your child."

Annual notification of right to representation

Pursuant to Section 7114(a)(2)(b) of Title V, U.S. Code, as amended by the Civil Service Reform Act (PL 95-454) this is to inform you that AFGE Local 1482 shall be given the opportunity to be represented at any examination of a bargaining unit employee by a management representative in connection with an investigation if: (a) the employee reasonably believes that the examination may result in disciplinary action against the employee; AND (b) the employee requests representation.

Esther V. Gonzales
Manager, Barstow Satellite Office
Marine Corps Civilian Human
Resources Office - West